

## **Coaches Newsletter March 2025**

### **Videos Analysis**

We have now completed 10 videos along with the associated feedback. Please see Helen in the first instance if you want your stroke analysed. Additionally, general videoing will occur during some sessions. This is to help those training to become coaches: - How to look at a swimmer's action, identify where technique needs enhancing and what to work on first.

### **Daylight saving.**

Autumn is here; therefore, it's time for the clocks to go back. No excuses for running late to training as you would have had extra hour's sleep on Sunday 6<sup>th</sup> April.

### **April Easter Long weekend**

Enjoy your long weekend and don't think about swimming. Training has been cancelled for both Friday 18<sup>th</sup> and Sunday 20<sup>th</sup>. Don't worry about the weight gain from Easter celebrations - just come to the session on Tuesday 22<sup>nd</sup> and I'll have a few drills to help get toned up!

### **Change to Friday night training times**

Commencing on Friday 16<sup>th</sup> May, our training session times will change to 1800-1900. This is to accommodate the expansion of the Junior squad, now that they have a new coach, and obviously in Winter the only pool open is Pambula, therefore pool space is at a premium.

### **Pambula Masters Stroke Workshop - Saturday 26<sup>th</sup> July 2025, Pambula pool 1300-1600**

In the annual Club swimmer survey, most respondents wanted the opportunity to attend a Masters stroke workshop if held locally. All the planning is now complete. Please put your name down on the list held on the Coach's trolley to confirm you're interested.

Anne Smyth, the NSW Branch Coaching Director, will lead the workshop and be assisted by other Masters coaches. All strokes will be covered across two sessions and will include dive starts and turns for freestyle. Places will be limited to 32, with priority given to Club members. Don't worry about having all strokes covered, you can do the ones you want and watch at other times. More details including registration costs will be released closer to the date. The following day, Sunday 27<sup>th</sup> July, is our regular HAG Day. I can only encourage you to attend the workshop and see what difference a day makes to your technique and times.

### **NSW State and National Championship**

Both championships will be held over a long course, i.e. 50M pool, therefore, I held extra training over a 3-week period at the Candelo 50M Pool. These were well attended by entrants and other Club swimmers who wanted to experience more specialized training methods.

The NSW Masters State Long Course Championships are in Sydney 29<sup>th</sup>/30<sup>th</sup> March.  
Good luck to Ailie, Donna, Gail and Taylor.

The Masters National Championships will be held in Melbourne 8<sup>th</sup>-12<sup>th</sup> April. Entries closed early when the limit of 600 was reached, but reopened briefly the next day, due to overwhelming requests by those still trying to enter. There are now 714 entries, and an action packed 5-day competition.

Good luck to Ailie, Donna, Gail, Pat and Taylor.

*See the link at the end of this newsletter to help calm those nerves!*

### **Open Water Swim**

Tathra Wharf to Waves 1200m – Well done to Chris Thane for his 3<sup>rd</sup> place finish in the men's race.

### **Who is on the Pool Deck in April**

I will be attending the National Championships; therefore, I will leave the session training plans with Helen who will Program Lead the sessions Tuesday 8<sup>th</sup> thru to Sunday 13<sup>th</sup> inclusive. Otherwise, it's yours truly, assisted by Wendy who is nearing the end of her theory training and has commenced her 30 hours of "on deck" practical training prior to undertaking a formal assessment later this year.

### **What to expect at Training in March/April**

Relays will feature for all levels to help prepare our Club members entered in the Sydney and Melbourne Medley and Freestyle Relay events. The focus will move away from preparing to race, race pacing/sprinting and tapering prior to competition, back to individual stroke focus each week, starting with Freestyle - Rotation and leverage on Sunday 30<sup>th</sup> March. The overall training phases move to moderate (endurance) focus of volume and intensity. April weekly focus will be Backstroke – Rotation and leverage, commencing on 6<sup>th</sup> April, Breaststroke Leverage and kick timing commencing on 13<sup>th</sup> April and Fly/IM leverage and kick timing commencing after the Easter break on 22<sup>nd</sup> April.

### **Tip Time!**

If you get nervous just thinking about competing at our regular HAGs or before or during a major competition, then here is a link to an article that may help.

<https://swimswam.com/pre-race-anxiety-swimming/>

### **Masters Swimming Calendar 2025**

July – Sun 13<sup>th</sup> – NSW Relay meet in Sydney. If interested tell Ailie.

October – Sat/Sun 11<sup>th</sup> & 12<sup>th</sup> – NSW Short course Championships at WoyWoy.

October - 18<sup>th</sup> – 25<sup>th</sup> Australian Masters Games at the AIS Canberra. Confirmed that swimming will feature as one of the sports but will be confined to just two days on Fri/Sat 24<sup>th</sup>/25<sup>th</sup>. Registration is now open for the Games, however, the program for swimming events is yet to be published.

Regards

Sue